



CERT All-Member Monthly Newsletter

JANUARY 2015

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The CERT monthly newsletter is available on our webpage at:

<http://www.nassaucountyny.gov/agencies/OEM/CC/CERT/brief.html>

CERT IS
WHAT
YOU
MAKE IT!

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Seasonal Flu: From Flu.gov & CDC.gov

Seasonal flu is a contagious respiratory illness caused by flu viruses. Approximately 5-20% of U.S. residents get the flu each year.

- Flu season typically starts in the fall and peaks in January or February.
- Getting the [flu vaccine](#) can be great protection against the flu.
- Flu-related complications include pneumonia and dehydration.
- Illness from seasonal flu usually lasts one to two weeks.

Most experts agree that you get the flu when a person with the flu coughs, sneezes, or talks and droplets containing their germs land in your mouth or nose. **You can also get the flu** by touching a surface or object that has the flu virus on it and then touching your mouth, eyes, or nose.

Some groups are more likely to experience complications from the seasonal flu, including:

- Seniors (those age 65 and older)
- Children (especially those younger than 2)
- People with chronic health conditions

We at CERT are all about being prepared to prevent disaster as much as possible. In that regard, these everyday preventive actions can help slow the spread of germs that can cause many different illnesses and may offer some protection against the flu.

What are everyday preventive actions?

Turn to Page 7 for more information:



From the Desk of the Director

I hope you all had a happy and healthy holiday season. 2015 is looking to be busy for our CERT program with Advanced Trainings coming up, CART Training, CPR Classes, EOC Training, and ICS Classes, plus introducing a mini basic CERT class and radio training as well.

I would like to thank Mike Arcari for all his hard work and making this program the success it is, let's not forget Melissa our CERT Admin who also has kept the day to day going for the last few years. Eric and I want to wish them well and thank you for everything. As Eric and I take on the program we are eagerly looking forward to working with all of you and the program as a whole. Always know our doors are open and we are here for all of you.

Paul Shapiro of Division 1 has been named CERT Operations Chief filling in our final open Administrative position on our Org. Chart and all other members in our organizational chart are staying on for 2015.

Happy New Year to all, see you soon

Jim



CERT Trivia:

- January was named after the Roman god Janus. Janus is also the Roman word for door.
- The god Janus had two faces which allowed him to look forwards into the coming year and backwards into the past year.
- The original Roman calendar only had 10 months. January and February were not included, but were added later.
- For a long period of European history, the start of the New Year occurred in March.



JANUARY 2015 - Upcoming Events

JANUARY 2015						
Sun	Mon	Tues	Wed	Thurs	Fri	Sat
				1 NEW YEARS DAY	2	3
4	5	6	7	8 RACES 7 PM	9	10
11	12 Division 2 Meeting 7 PM	13	14 CPR Class 7 PM	15 Division Leaders 7 PM	16	17
18	19 Martin Luther King Jr Day	20	21	22	23	24 Outreach: Baldwin
25	26	27	28	29	30	31

RACES/Comms Meeting - Thurs JAN 8th

OEM Lecture Hall
Time: 7:00 pm (1900)

Division 2 Meeting - MON JAN. 12th

Island Park Library
176 Long Beach Rd.
Island Park, NY 11558
Time: 7:00 pm (1900)

CPR Class—WED JAN. 14th

OEM Lecture Hall
Time: 7pm –10pm
This class is full.
NO WALK INS!

Division Leaders Meeting - Thurs JAN 15th

OEM Lecture Hall
Time: 7:00 pm (1900)

Outreach: Baldwin Library Volunteer Fair

SAT, JAN 24th -
Time: 1—3 PM
Baldwin Public Library
2385 Grand Ave, Baldwin 11510



FEBRUARY 2015 - Upcoming Events

FEBRUARY 2015						
Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1	2	3	4	5 RACES 7 PM	6	7
8	9	10 BASIC # 1	11	12	13	14
15	16	17 BASIC # 2	18	19 Division Leaders 7 PM	20	21
22	23	24 BASIC # 3	25	26	27	28

RACES/Comms Meeting - Thurs FEB 5th

OEM Lecture Hall
Time: 7:00 pm (1900)

Basic Class # 1 Tues—FEB 10th

OEM Lecture Hall
Time: 7:00 pm (1900)
Sign Up required -

oemcert@nassaucountyny.gov

Basic Class # 2 Tues—FEB 17th

OEM Lecture Hall
Time: 7:00 pm (1900)

Division Leaders Meeting - Thurs FEB 19th

OEM Lecture Hall
Time: 7:00 pm (1900)

Basic Class # 3 Tues—FEB 24th

OEM Lecture Hall
Time: 7:00 pm (1900)



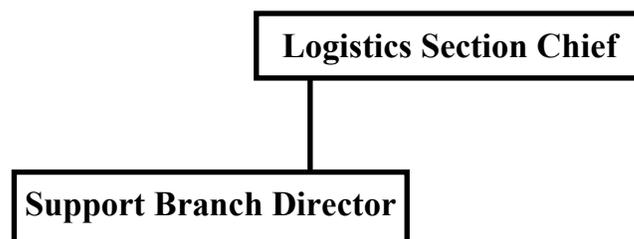
Characteristics of the Incident Command System: Part 8
Understanding the responsibilities of the Support Branch Director's or
SUBD's responsibilities.
Command and Control Series - Courtesy of U.S. Fire Administration

The Support Branch Director or SUBD, when activated, is under the direction of the Logistics Section Chief (LSC) and is responsible for development and implementation of logistics plans in support of the Incident Action Plan. The SUBD supervises the operations of the Supply, Facilities and Ground Support Units.

- Participate in incident planning meetings as required.
- Determine current status of unit activities.
- Confirm dispatch and estimated time of arrival of staff and supplies.
- Assign specific duties to staff, and supervise staff.
- Develop and implement accountability, safety, security and risk management measures for personnel and resources.
- Obtain work materials.
- Identify Support Branch personnel dispatched to the incident.
- Determine initial support operations in coordination with LSC.
- Prepare initial organization and assignments for support operations.
- Assemble and brief Support Branch personnel.
- Determine if assigned Branch resources are sufficient.
- Maintain surveillance of assigned units' work progress, and inform LSC of activities.
- Resolve problems associated with requests from Operations Section.
- Maintain Unit/Activity Log (Incident Command System Form 214).

For additional information regarding the SUBD's responsibilities, the U.S. Fire Administration/
National Fire Academy Field Operations Guide can be accessed at:

<http://feti.lsu.edu/municipal/NFA/TRADE/materials/TRADE%20CD%20XVI//WebHelp/index.htm>



CPR Training:

On December 13th, OEM hosted a CPR/AED class sponsored by the Nassau County Department of Health. 18 CERT and Medical Reserve Corp members took the class and are now certified for 2 years in the lifesaving techniques of CPR and AED use. We appreciate the great training given by the instructors JoAnn Greco and Elaine Schwind from VEEB, the Vocational Education and Extension Board, and are grateful our volunteers took the time on a Saturday morning during the busy holiday season to learn how to save a life. We will be holding another class shortly, and will offer more training in the future as needed.



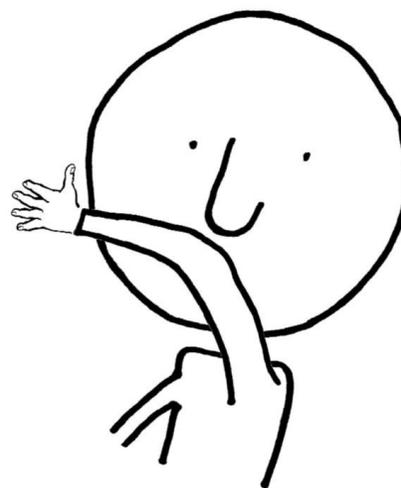
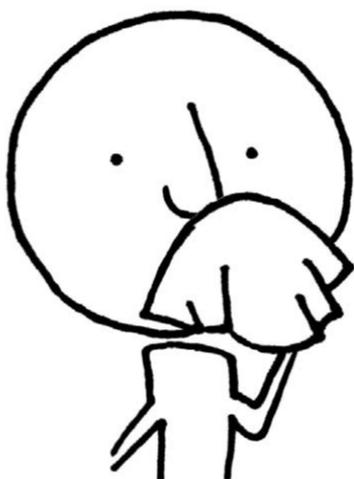
The FLU - Preventative Actions

continued from Page 1

- Try to avoid close contact with sick people.
- If you or a family member gets sick with flu-like illness, CDC recommends that the sick person stay home for at least 24 hours after the fever is gone except to get medical care or for other necessities. The fever should be gone without the use of a fever-reducing medicine.
- While sick, limit contact with others as much as possible to keep from infecting them.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Clean and disinfect surfaces and objects that may be contaminated with germs like the flu. Lysol spray or wipes are very effective for this.
- If an outbreak of flu or another illness occurs, follow public health advice. This may include information about how to increase distance between people and other measures.

Additional steps to take at work to help stop the spread of germs:

- Find out about your employer's plans if an outbreak of flu or another illness occurs and whether flu vaccinations are offered on-site.
- Routinely clean frequently touched objects and surfaces, including doorknobs, keyboards, your mouse and phones, etc. to help remove germs. Lysol spray or wipes are very effective for this.
- Make sure your workplace has an adequate supply of tissues, soap, paper towels, alcohol-based hand rubs, and disposable wipes, **and if they don't, bring your own in.**
- If you begin to feel sick while at work, go home as soon as possible. You will end up being out longer if you don't take care of your illness as soon as possible, or spreading the illness to others in your office and creating a circle of reinfection.



“Cooperation is the thorough conviction that nobody can get there unless everybody gets there.”

—Virginia Burden

*Deadline for submission of articles,
photos and news for the next
CERT Newsletter is :
JANUARY 26th.*

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CERT BASIC COURSE



THE NEXT CERT BASIC COURSE WILL TAKE PLACE ON:
FEBRUARY 10, 17, 24 & MARCH 3, 10, 17 & 24
SIGN UPS ARE ONGOING—CALL THE OFFICE WITH ANY QUESTIONS.

OEMCERT@NASSAUCOUNTYNY.GOV

*(Current CERT Members may attend any class as a refresher,
check the website for session topics and exact location)*

<http://www.nassaucountyny.gov/agencies/oem/cc/cert/>

